



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 20020, Cornmeal, whole-grain, yellow**

**Report Date: June 27, 2017 03:35 EDT**

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

**Carbohydrate Factor: 4.03 Fat Factor: 8.37 Protein Factor:2.73 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 122g
<b>Proximates</b>					
Water	g	10.26	10	0.140	12.52
Energy	kcal	362	--	--	442
Energy	kJ	1515	--	--	1848
Protein	g	8.12	7	0.306	9.91
Total lipid (fat)	g	3.59	7	0.227	4.38
Ash	g	1.13	7	0.032	1.38
Carbohydrate, by difference	g	76.89	--	--	93.81
Fiber, total dietary	g	7.3	--	--	8.9
Sugars, total	g	0.64	--	--	0.78
<b>Minerals</b>					
Calcium, Ca	mg	6	9	1.029	7
Iron, Fe	mg	3.45	9	0.371	4.21
Magnesium, Mg	mg	127	6	18.535	155
Phosphorus, P	mg	241	3	9.435	294
Potassium, K	mg	287	6	9.760	350
Sodium, Na	mg	35	6	5.498	43
Zinc, Zn	mg	1.82	6	0.109	2.22
Copper, Cu	mg	0.193	6	0.021	0.235
Manganese, Mn	mg	0.498	3	0.020	0.608
Selenium, Se	µg	15.5	--	--	18.9
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0

Nutrient	Unit	1			1 cup 122g
		Value Per 100 g	Data points	Std. Error	
Thiamin	mg	0.385	8	0.052	0.470
Riboflavin	mg	0.201	9	0.034	0.245
Niacin	mg	3.632	8	0.537	4.431
Pantothenic acid	mg	0.425	6	0.054	0.518
Vitamin B-6	mg	0.304	3	0.035	0.371
Folate, total	µg	25	--	--	30
Folic acid	µg	0	--	--	0
Folate, food	µg	25	--	--	30
Folate, DFE	µg	25	--	--	30
Choline, total <sup>2</sup>	mg	21.6	--	--	26.4
Betaine <sup>2</sup>	mg	11.6	1	--	14.2
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	11	--	--	13
Retinol	µg	0	--	--	0
Carotene, beta	µg	97	--	--	118
Carotene, alpha	µg	63	--	--	77
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	214	--	--	261
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	1355	--	--	1653
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.42	1	--	0.51
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta <sup>1</sup>	mg	0.00	1	--	0.00
Tocopherol, gamma <sup>1</sup>	mg	1.86	1	--	2.27
Tocopherol, delta <sup>1</sup>	mg	0.00	1	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.3	--	--	0.4
<b>Lipids</b>					
Fatty acids, total saturated	g	0.505	--	--	0.616
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000

Nutrient	Unit	1			1 cup 122g
		Value Per 100	Data points	Std. Error	
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.431	--	--	0.526
18:0	g	0.057	--	--	0.070
Fatty acids, total monounsaturated	g	0.948	--	--	1.157
16:1 undifferentiated	g	0.003	--	--	0.004
18:1 undifferentiated	g	0.945	--	--	1.153
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	1.638	--	--	1.998
18:2 undifferentiated	g	1.589	--	--	1.939
18:3 undifferentiated	g	0.049	--	--	0.060
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.057	--	--	0.070
Threonine	g	0.305	--	--	0.372
Isoleucine	g	0.291	--	--	0.355
Leucine	g	0.996	--	--	1.215
Lysine	g	0.228	--	--	0.278
Methionine	g	0.170	--	--	0.207
Cystine	g	0.146	--	--	0.178
Phenylalanine	g	0.399	--	--	0.487
Tyrosine	g	0.330	--	--	0.403
Valine	g	0.411	--	--	0.501
Arginine	g	0.405	--	--	0.494
Histidine	g	0.248	--	--	0.303

Nutrient	Unit	1			1 cup 122g
		Value Per100	Data points	Std. Error	
	g				
Alanine	g	0.608	--	--	0.742
Aspartic acid	g	0.565	--	--	0.689
Glutamic acid	g	1.525	--	--	1.860
Glycine	g	0.333	--	--	0.406
Proline	g	0.709	--	--	0.865
Serine	g	0.386	--	--	0.471
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0
<b>Flavonoids</b>					
Isoflavones					
Daidzein <sup>3</sup>	mg	0.01	1	--	0.01
Genistein <sup>3</sup>	mg	0.01	1	--	0.01
Total isoflavones <sup>3</sup>	mg	0.02	1	--	0.02

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1992 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup VPI, NFNAP, 2006 Beltsville MD

<sup>3</sup>Liggins, J., Mulligan, A., Runswick, S., and Bingham, S. A. Daidzein and genistein content of cereals., 2002 Euro. J. Clin. Nutr. 56 pp.961-966